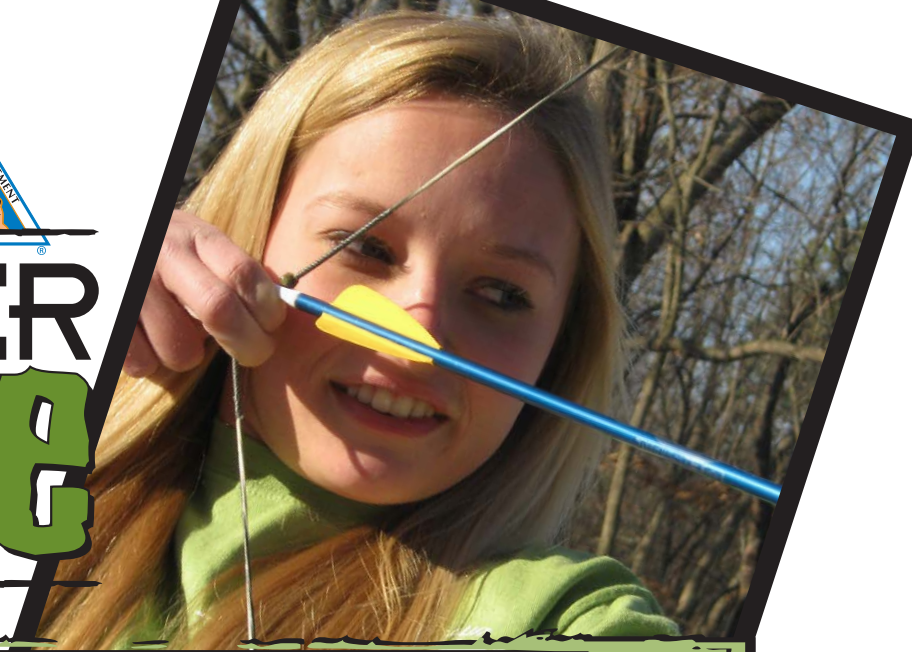




MDC
DISCOVER
nature



WOMEN'S SPRING FLING

Friday - Sunday

May 1-3, 2015

Lake Doniphan
Conference and Retreat Center
Excelsior Springs, MO

WOMEN'S WEEKEND RETREAT

Registration Required
For more information

CONTACT

Lisa LaCombe
at 816-655-6263 x1332

OR

lisa.lacombe@mdc.mo.gov

This workshop is offered to women 18 years old and older. Girls aged 14-17 are welcome when accompanied by an adult woman participant.

**The Discover Nature -
Women's Spring Fling
provides a safe and friendly
environment where women
experience hands-on outdoor
skills training with a team
of professionals.**

discover nature programs...

- Help Missourians discover and explore nature
- Provide expert instruction and hands-on activities
- Are available statewide



Serving nature and you®

mdc.mo.gov

Weekend Schedule

Friday Evening

6:30 Arrive, check into cabins
(Dinner not provided)
7:30 Welcome
Orientation to Event/Icebreaker
8:00 Naturalist Guided Night Hikes
9:00 Campfire

Saturday

7:00-8:00 Breakfast
8:30 – 11:30 Sessions
12:00 Lunch
1:30 - 4:30 Sessions
6:00 -7:00 Supper
7:00 Slide Show Presentation
9:00 Campfire and Entertainment

Sunday

7:00-8:00 Breakfast
8:30 – 11:30 Sessions
12:00 -1:00 Lunch and Evaluation
1:00 Depart



Lake Doniphan Conference & Retreat Center is nestled in
300 acres on the eastern edge of historic Excelsior Springs.

Call 816-630-1523 or www.lakedon.org

Two STEP REGISTRATON

STEP 1 Lake Doniphan Lodging and Meals

Participants are responsible for making their own room reservations with Lake Doniphan 816-630-1523. Payment due with registration by credit card only. Accommodations will be assigned on a first come first served basis.

Accommodations: Prices vary with the number of participants per room and lodging options. Cost includes lodging for 2 nights, linens and towels, and 5 meals.

- **Main Lodge:** Hotel style rooms with private bath.
One person/room, \$199 per person/per weekend
Two persons/room, \$142 per person/per weekend
- **Rustic Bunkhouse with A/C:** Sleeps 2-4, nearby shower and bathrooms.
\$97 per person/per weekend.
- **Camping with electricity:** Nearby shower and bathrooms.
\$87 per person/per weekend.

(Linens, towels and pillows are not included with this option.)

***Contact Lake Doniphan for specific details on each lodging option.**

Check in after 6:30 pm on Friday, April 25. Orientation begins at 7:30 pm Friday. Dinner is not provided Friday evening.

Confirmation Number

Be sure to keep a record of your Lake Doniphan lodging confirmation number and record this number in the space provided on the registration form on the last page of this brochure. This number must be included with the registration form and deposit fee prior to the workshop for you to be accepted into the workshop. Registration is not valid without these items.

STEP 2 Event Deposit Fee and Deadline

Mail or hand deliver completed registration form, \$20 deposit, and confirmation number to:

**Burr Oak Woods Nature Center
Discover Nature – Women's Spring Fling
1401 NW Park Rd
Blue Springs, MO 64015**

Deadline: 5:00 pm, April 10, 2015. Your \$20 deposit will be refunded to you when you check in at the registration table. Deposit fees will only be returned to registered participants in attendance.

Alcohol/firearms

Use of alcoholic beverages, illicit drugs, firearms, and fireworks are forbidden on Lake Doniphan property.

Course Descriptions:

Leisurely: course not physically demanding

Moderate: course requires some physical activity

Strenuous: course requires some strenuous physical activity

Archery (Moderate)

Discover the ancient art of archery. Develop techniques that will assure a bulls-eye every time. You will have ample time to hone your new skills. Whether these skills are developed to hunt or for target practice, archery is a fun and challenging way to enjoy the outdoors.



Backpacking and Campout (Moderate /Strenuous)



Stride into the woods to discover the essentials of backpacking! Discover what a 25 lb. backpack feels like as you enjoy a moderate hike around the lake and up a trail on a wooded hillside. We will set up tents, practice using water filters and hiking stoves and walk back to the lodge for dinner and evening activities. Night senses activities will keep you engaged

as we walk back to our tents for the night and a trail breakfast in the morning.

(Backpacking equipment may be borrowed upon request.)

Canoeing/Kayaking (Moderate/Strenuous)

Canoeing is a great way to explore Missouri's 57,000 miles of navigable streams.

Understanding proper

canoeing techniques will make those excursions fun and safe. Our expert instructors will teach you the basic strokes and strategies that will prepare you to float any stream in Missouri.



Fishing (Leisurely)

Get hooked on one of the world's most popular outdoor activities. This course teaches you the basics of fishing techniques, equipment, bait, lures, knots and fish identification. You will also learn to filet your own fish and discover delicious methods to prepare it.



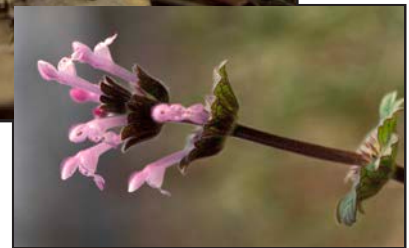
Orienteering (Moderate)

Have you ever been lost? Learn to explore with confidence as you discover how to navigate the back-country using a compass or GPS unit. Fun filled activities will take the mystery out of finding your way.

On The Go Nature ID (Moderate)

From birds to bees, there are many things we come across on a nature hike that we want to identify. We will talk about some resources you can use (including smartphone apps) then head out on the trails in search of tracks, scat, mushrooms, wildflowers, trees, or those elusive creatures that call the woods home.

Let's ID them ALL!



Native Plant Crafting (Leisurely)

Nature gives us many gifts each season. Give some amazing wildflowers a chance to awe you with their beauty and inspire your creative genius with these take home crafts.

"Clay Bead" Jewelry

Create a unique wearable work of art with acrylic "clay" as a set of earrings, a necklace pendant, hair clip or a brooch. Learn about some of our beautiful and essential native plants as you craft your jewelry from one of many basic flower shapes...dogwood, wild ginger, spiderwort, and many more!

Herbal Soap and Hemp Soap Bag

Roses, verbena, mint and more will scent a soap that you'll adore. Create your own combination of native plants for a unique shea butter based soap all your own. Learn how to make an easy finger woven soap bag to use instead of a shower loofah.



Wild Edibles (Leisurely)

Discover how to harvest and prepare wild edible plants for your dinner table. This session will include plant identification, safety, conservation and preparation of wild plants. Foraging for wild plants is a great way to discover nature and it is a lot of fun!

Payment and registration information

Missouri Department of Conservation Deposit fee is \$20.00 per person. There is no deposit fee for young women aged 14-17 when registered with an adult. However, participants aged 14-17:

- Are responsible to Lake Doniphan Conference and Retreat Center for room and meal costs.
- Must be accompanied at courses by the adult they are registered with.
- Must have consent form signed by a parent or guardian.

Cancellation Policy

Missouri Department of Conservation Policy: If you cancel on or before April 10, 2015, you will be refunded your \$20 deposit. **Deposit will not be refunded if you do not attend or cancel by April 10, 2015.**

You MUST ALSO CONTACT LAKE DONIPHAN CONFERENCE AND RETREAT CENTER TO CANCEL YOUR LODGING AND MEALS.

Lake Doniphan Conference and Retreat Center Policy: Cancellation fewer than 14 days prior to arrival will result in forfeiture of deposit.

Special Needs

In compliance with the American Disabilities Act, this workshop will make all reasonable efforts to accommodate people with special needs. Please include a letter with your registration form describing any special needs you have.

For more information contact:

Lisa LaCombe at **816-655-6263 ext 1332** or **lisa.lacombe@mdc.mo.gov**





THE MISSOURI DEPARTMENT OF CONSERVATION PRESENTS

Women's Spring Fling 2015

Lake Doniphan Conference and Retreat Center
12856 Doniphan Lake Road, Excelsior Springs, MO 64024

www.lakedon.org



Friday May 1 - Sunday May 3

Registration Form

Name _____

If minor, age _____ Attending with _____

ADDITIONAL PERMISSION FORM REQUIRED IF MINOR IS NOT ATTENDING WITH PARENT OR GUARDIAN

Address _____

City _____ State _____ Zip _____

Daytime phone number _____ E-mail _____

In case of emergency, please contact _____

Phone number _____

Lake Doniphan Confirmation # _____

Registration is not valid without this number

Course Selection:

Participants will attend 3 sessions. Please rank your choices as 1 (most preferred) -8 (least preferred). Every effort will be given to allow your participation in the programs of your choice. However courses will be assigned on a first come first served basis, and assigned according to what is available.

_____ Archery

_____ Orienteering

_____ Backpacking

_____ On The Go Nature ID

_____ includes Night Session

_____ Native Plant Crafting

_____ Canoeing/Kayaking

_____ Wild Edibles

_____ Fishing

Meal considerations

Please check if you are

Vegetarian

☐

Diabetic

☐

Have severe food allergies

Mail this form with deposit fee to:

Discover Nature – Women's Spring Fling

Burr Oak Woods Nature Center

1401 NW Park Road

Blue Springs, MO 64015

Please make all checks payable to the **Missouri Conservation Heritage Foundation** (MCHF) and earmark Burr Oak Woods in the bottom left corner of your check.

Registration Deadline: April 10, 2015

Signature required: I recognize this event involves risk and I take responsibility for action or injury that may result by participating. I agree to accept the conditions set forth in the cancellation policy. I understand that photographs and/or videos may be taken during the event and may be used in future support of this or other programs that highlight or encourage participation in outdoor activities.

Signature _____



mdc.mo.gov

Equal opportunity to participate in and benefit from programs of the Missouri Department of Conservation is available to all individuals without regard to their race, color, national origin, sex, age or disability. Questions should be directed to the Department of Conservation, P.O. Box 180, Jefferson City, MO 65102, (573)751-4115 or 800-735-2966 (TTY), or to the U.S. Fish and Wildlife Service Division of Federal Assistance, 4401 N. Fairfax Dr, Mail Stop: MBSP-4020, Arlington, VA 22203